

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

AUGUST 2015



Fun Fast Draw Show Thursday, August 20th 10am

Bill Dougal will entertain us with pictures and puns. See drawing gags, cartoons and humor quickly develop in this 1 hour show. You won't want to miss this one!! Free, no pre-registration.

Grilled Sausage & Pepper Grinder August 27th at 3pm



Includes: Grilled Sausage & Pepper Grinder, Potato Salad, Beverages and Ice Cream Sandwich. \$5 and pre-registration is required.

Military Whist Card Party August 26 at 5:00pm

Doors open at 5pm for light dinner of finger sandwiches and chips. Card party starts at 5:30pm. No experience required. Please sign-up ASAP! Tickets are \$6. There will be raffles!



Crazy Bingo

August 19th at 5:00pm
\$3 per person

Only specials will be played. This night features raffles, hot dog & chips dinner and many surprises! Pre-registration required.

Health Screening Fair August 31st 11:30-2:30 Generously Sponsored by Rite Aid

- ◆ Blood Pressure Checks
- ◆ Blood Sugar Testing
- ◆ Diabetes Risk Assessment
- ◆ Vaccine Evaluation



Complimentary food ticket will be provided to the first 40 registered participants. All are welcome to participate in health screenings, games, music, raffles and more! Outdoor event (weather permitting).

Musical Entertainment Gregory B. Sneed August 6th 12:30pm

We are thrilled to have Greg share his talent on the saxophone with us! Greg is Middletown's former Deputy Chief of Police and currently works as Central Connecticut State University's Chief of Police.



Socialize and Paint August 14th 5pm

This fun night-time event is a fun, no-stress party. Come socialize and paint! No experience needed. This month's painting will be a sailboat on a beach. \$10 and pre-registration is required.

Game Shows!! 8/7 10:30 & 8/24 2pm

Wheel of Fortune, Jeopardy, Family Feud type games will be played. Prizes are grocery type items. FREE



August Birthday Party August 17th at 2:30pm



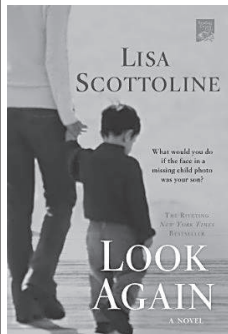
Celebrating all August Birthdays! This program is generously sponsored by Water's Edge Center for Health & Rehabilitation. All are welcome.

Haircuts by Appointment Friday, August 7th 10am-12pm



Sponsored by Water's Edge and Euro -American Connections and Home Care in Berlin. \$3—must have appointment.

Monthly Book Club August 31st at 2:30pm



This month, our book club will be reading "Look Again" by Lisa Scottoline. You can join in at any time! Books are available for purchase for \$3 in the Senior Services office. The book club will meet to discuss the book on Monday, August 31st at 2:30pm.

Social Event August 13th at 3pm

Socialize and enjoy a refreshing chocolate mousse treat. \$1 in advance for the chocolate mousse social. Pre-registration is required and space is limited, so sign-up early.



Baking with Ann August 20th 2pm

We will be baking a delicious coffee cake. Pre-registration required \$2.



Craft Project—August 18th at 1pm

This fun project is sponsored by Autumn Lake Healthcare at Cromwell. This month, we will be making a pen and pencil bouquet. This program is free, but pre-registration is required and space is limited.

Scrambled Egg Breakfast August 11th at 9:30am

This month's breakfast is scrambled eggs, sausage and toast. \$2 and pre-registration is required.



Educational Health Seminar—Arthritis August 28th at 10am

Join us for an educational health seminar on arthritis presented by Janet Leonardi, RN. Pre-registration is not required.

Horizons Wings Raptor Rehabilitation Program August 21st at 10:30am

Horizon Wings is a non-profit Wildlife Rehabilitation Center specializing in Birds of Prey.

This fun educational program will feature 4 live program birds. Program birds are raptors who can no longer be released due to either injuries or prolonged captivity.

Free, but please pre-register.



Intermediate Oil Painting Beginning August 25th at 1pm

Some experience required for this intermediate class. The focus will be on the use of texture in oil painting. \$20 for 12 sessions. Classes are Tuesdays at 1pm. The \$20 fee is for the supplies.

Craft with Heidi August 11th 10am

This month's craft is crepe paper peonies. Great for home, special occasion, and gifts. \$5 and pre-registration is required.



Senior Services Division Contact Information

Main Number: (860) 638-4540
Fax Number: (860) 343-5427
Senior Services E-mail: Seniors@MiddletownCT.gov
Senior Services Website: www.middletownct.gov/seniors
Acting Director: Debbie Stanley (860) 638-4501
Senior Services Manager: Ann Gregg (860) 638-4548
Senior Services Coordinator: Heidi Geores (860) 638-4541
Senior Services Specialist: Laura Runte (860) 638-4542
Municipal Agent / ADA Compliance Officer: Laura Runte (860) 638-4542
Program Aide/Custodian: John Marion (860) 638-4540
Night Custodian: Billy Martinez (860) 638-4540
Bus Driver: Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch: CW Resources (860) 558-5285 (Brian)

Volunteer Club Meeting August 25th at 3pm

Come and find out how you can get involved!

Recurring Programs/Services

(F) = Free (\$) = Cost Associated

Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime (F)
Bingo—Wednesdays & Fridays at 1pm (\$)
Bocce—Anytime / Lessons Fridays at 9am (F)
Blood Pressure Clinic—Tuesdays 12:45-1:45pm (F)
Book Club—Last Monday of the month at 2:30pm (\$ for book only)
Cable TV—Anytime (F)
Card Games—Anytime & Thursdays at 12:30pm (F)
Ceramics—Mondays & Wednesdays at 12:30pm (\$)
Computers—Laptops are available for use anytime (F)
Dancing for Joy—Mondays at 1:30pm (F)
Dominoes—Anytime & Mondays at 12:30pm (F)
Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)
Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)
Gardening—Thursdays at 9am (F)
Hearing Screening—3rd Wednesday of the month 12-1 (F)
Knitting—Thursdays at 1pm (F)
Lending Library—Anytime (F)
Line Dancing—Thursdays at 2pm (F)
Mahjong—Thursdays 9am-12pm (F)
Massage Therapy—1st & 3rd Monday 9am-2:30pm (\$)
Middletuners Chorus Practice—Wednesdays at 3pm (F)
Movies—Tuesdays at 12:30pm (F)
Oil Painting—Tuesdays at 1pm (F)
Ping Pong—Check Calendar in this newsletter (F)
Reflexology—By appointment (\$)
Reiki—First Thursday of the month (\$)
Tai Chi—Mondays at 10:30am (\$)
Therapeutic Exercise—Tuesdays at 11am (F)
Yoga—Wednesdays at 10am (\$)

Community Café Free Lunch Winner

Congratulations to our July winner, Mary Spooner. Enter for a chance to win a free lunch, compliments of CW Resources.

June's Brain Teaser Winners

Nancy Clayton, *Anamarie Cook, Joan Fazzino, Chester Koelsch, Jane Koelsch, Joan Konareski, Sue Larabee, Kathryn Papenhausen, Maria Rainer, Eloise Skarb, Chuck Stanley, Rosemarie Vecchitto, Liz Whittaker

Congratulations to all of our winners. Please stop by the Center to pick up the August Brain Teaser.

Senior & Community Ctr Guided Tours

If you haven't been to our center yet and would like a guided tour. We will be offering tours on August 20th at 9:30am & August 25th at 3:30pm.

Lunch Served Daily



Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The suggested donation is \$2 per meal.

Please call Brian, our café manager at 860-558-5285 for a reservation.

Lunch menus available at the Center, on our website or can be e-mailed by request.

Transportation (860) 347-3313

Dial-a-Ride—The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$2 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. An application must be on file with Middletown Area Transit.

Enhanced Dial-A-Ride—Adults over the age of 60 who would like free transportation to the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-347-3313. Same day requests cannot be guaranteed. Without a reservation.....

The only set schedule operating is:
Traveling to the Senior & Community Center
(Pick-ups):

South Green	Sbona Towers	OMH	Rivers Edge	Senior Center
11:20	11:25	11:30	11:35	11:45

Departing from the Senior & Community Center:

Mon	Tues	Wed	Thurs	Fri
1pm	1pm	1 & 2:30pm	1pm	1 & 2:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00-3:00 Massage 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy	4 9:30 Bunco 9:30 Zumba (DVD) 11-12 Therapeutic Fitness 12:00 Lunch 12:30-4 Ping Pong Available 12:45-1:45 Blood Pressure Clinic 1:00 Oil Painting 2:00 Cooking Matters	5 9:00-9:45 Exercise 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00-4:00 Ping Pong Available 1:30 AARP Executive Board Meeting	6 9:00 Lets Garden 9:00-12:00 Mahjong 9:00 Reiki 11:00 Yoga (DVD) 12:00 Lunch 12:30 Musical Entertainment by Gregory B. Sneed 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing	7 9:00 Bocce 9:30 Zumba (DVD) 10-12 Senior Haircuts 10:30 Game Shows 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00-4:00 Ping Pong Available
10 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:00 Pizza & A Movie 1:30-2:45 Dancing for Joy	11 9:30 Bunco 9:30 Zumba (DVD) 9:30 Breakfast—scrambled eggs 10:00 Craft with Heidi 11-12 Therapeutic Fitness 12:00 Lunch 12:30-4 Ping Pong Available 12:45-1:45 Blood Pressure Clinic 1:00 Oil Painting 2:00 Cooking Matters	12 9:00-9:45 Exercise 9:00-2:30 Foot Care 10:00 Scrabble 10:00 Yoga 11:00 Coffee with the Manager 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00-4:00 Ping Pong Available	13 9:00 Lets Garden 9:00 Reiki 9:00-12:00 Mahjong 10:00 Live with Laura Talkshow 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing 3:00 Social event with Chocolate Mousse	14 9:00 Bocce 9:30 Zumba (DVD) 9:30 September Bus Trip Sign-ups 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00-4:00 Ping Pong Available 5:00 Socialize & Paint
17 9:00-3:00 Massage 9:00 Exercise 10:30 Tai Chi 10:30 Home Safety Checklist Presentation by Age in Place 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy 2:30 August Birthday Party sponsored by Water's Edge	18 9:30 Bunco 9:30 Zumba (DVD) 11-12 Therapeutic Fitness 12:00 Lunch 12:30 Sing-Along led by Barbara Arateh 12:30-4 Ping Pong Available 12:45-1:45 Blood Pressure Clinic 1:00 Oil Painting 1:00 Craft sponsored by Autumn Lake Healthcare at Cromwell 2:00 Cooking Matters	19 9:00-9:45 Exercise 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:00 Hearing Screening 12:30 Ceramics 1:00 Bingo 1:00-4:00 Ping Pong Available 5:00 Crazy Bingo	20 9:00 Lets Garden 9:00-12:00 Mahjong 9:30 Guided Tour 10:00 Exercise 10:00 Fast Draw Fun Show 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing 2:00 Baking with Ann	21 9:00 Bocce 9:30 Zumba (DVD) 10:30 Horizons Raptor Program 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00-4:00 Ping Pong Available

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24 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy 2pm Game Show Afternoon	25 9:30 Bunco 9:30 Zumba (DVD) 11-12 Therapeutic Fitness 12:00 Lunch 12:30-4 Ping Pong Available 12:45-1:45 Blood Pressure Clinic 2:00 Cooking Matters program meeting at the grocery store 3:00 Volunteer Meeting 3:30 Guided Tours	26 9:00-9:45 Exercise 9:00-2:30 Foot Care 10:00 Scrabble 10:00 Yoga 10:30 African Show with Rita 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00-4:00 Ping Pong Available 5:00 Military Whist Card Party/Tournament	27 9:00 Lets Garden 9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 3:00 Sausage & Pipers	28 9:00 Bocce 10:00 Arthritis Health Seminar 9:30 Zumba (DVD) 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00-4:00 Ping Pong Available
31 9:00 Exercise 10:30 Tai Chi 11:30-2:30 Health Fair sponsored by Rite Aid 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy 2:30 Book Club Meeting				

Bocce

The bocce court is open Monday through Friday 8:30am-4:30 pm weather permitting. It can be used on a first come, first serve basis. The only set schedule we have running right now is Fridays at 9am. A staff member will be available during this time for anyone who needs a quick lesson.

Checklist for Safety

By Corrine Lacy of Age in Place CT
August 17th 10:30am

This presentation is regarding home safety and is provided free by Age in Place CT. Free, no pre-registration is required.



Bus Trips

August

- 4th**—Foxwoods Casino (9-3:30) \$4
11th—Bishop's Orchards (10-1) \$3
12th—CT Trolley Museum & Chowder Pot (9:30-3) \$10
18th—Brass Mill Center & Frankie's Hot Dogs (9:30-2:30) \$3
25th—Mystic Village Shoppes/Abbots Lobster (9:30-3) \$4

September

- 1st**—Mohegan Sun Casino (9-3) \$4
8th—Wood-n-tap & Trader Joe's (11-3) \$4
10th—Yankee Candle Village (10-3) \$5
15th—Newport, RI "The Breakers" (9-4) \$15
22nd—Mystic Seaport Guided Tour (10-3) \$20
29th—The Big E (9:30-3) \$15

Bus Sign-ups for the September trips is August 14th at 9:30am. Sign-ups are done by a lottery. Numbers are drawn at 9:30am.

Have you received your membership card? If not, please stop by the front desk.

Rita's African Show

August 26th at 10:30am

Rita Wagener (Kabali) is a native of **Uganda**, a country located on the Eastern side of the African continent. Wanting to keep her culture alive, Rita started sharing her roots with communities in her area. Even though Rita left her motherland in the early 1980s, she still remembers the culture, customs, and beliefs of her people.

Rita came to Connecticut via Fairbanks, Alaska, where she and her husband lived for 14 years. During Rita's show, she shares her **experiences of living in 2 cultures**. She also talks about living in America's biggest state and being the only person from her original country.

Rita's show takes you through **fashions, dances, crafts, and music of Africa**. At the end of the show, you feel like you have traveled to Africa, without even being on a plane!

Don't miss this! **FREE**, but please pre-register.



LIVE WITH LAURA!

**Talk Show
August 13th
10am**

This exciting new event is a live talk show. 3 of our members will be interviewed live.

This month's show features...

- ⇒ Frank Greco
- ⇒ Nella Bruni
- ⇒ Antoinette Clayton

Each of us has a story to tell. Stop by and listen to these 3 seniors as they share their story. Be part of the live audience to share in the fun!



Pizza & A Movie August 10th at 1pm

Enjoy pizza while you watch "St. Vincent". Movie is approximately 102 minutes and rated PG-13 starring Bill Murray and Melissa McCarthy. \$2 and pre-registration required.

Farmer's Market Vouchers

We received the farmer's market last month. The voucher program consists of an \$18 booklet of checks for use at approved Farmer's Markets.

We are required to verify: proof of age (60+), proof of residency (Middletown), and proof of income (no more than \$21,775 for single or \$29,471 for couple). Only 1 booklet may be issued per year.



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Sing-Alongs Led by Barbara Arafeh

Join Barbara for a fun sing-along on August 18th from 12:30-1:30pm. No pre-registration required. Come socialize, sing

and have fun! Sing-Alongs are the third Tuesday of every month. Dates: 8/18, 9/15, 10/20, 11/17, 12/15



Coffee with Ann **August 12th at 11am**

This monthly program is a chance to meet our manager and discuss any questions or suggestions for programs, events, and entertainment. All are welcome. Coffee and light refreshments.



Thank you to those that attended the YMCA presentation last month. Below is a free 2 week trial membership.



Ping Pong



The ping pong table will be set-up and ready for use on the 2nd floor in the multi-purpose room. First come first serve on these dates/times:

- 1pm-4pm on August 5th, 7th, 12th, 14th, 19th, 21st, 26th, 28th
- 12:30pm-4pm on August 4th, 11th, 18th, 25th